

# Healthy Utah



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## STEP UP TO 10,000 Steps

Register at:  
[www.hearthighway.org/stepitup](http://www.hearthighway.org/stepitup)

**Healthy Utah** is encouraging you to clip on a pedometer and get moving this spring with the “Step Up to 10,000 Steps” program. This free program is designed to help you increase your fitness level over the next four months, with monthly, progressive stepping goals and built-in incentives to keep you motivated. Spouses are welcome to participate, too!

### Getting Started:

1. **Now: Get a pedometer.** Most sporting goods stores carry pedometers and prices start at \$6.
2. **April 26-30: Register online.** During the week of April 26-30, sign up for “Step Up to 10,000 Steps” online at [www.hearthighway.org/stepitup](http://www.hearthighway.org/stepitup). No registrations will be allowed after **May 10th**.
3. **May-August: Track your steps.** Keep track of how many steps you take each day, and record them online at least once a week by logging on to the “Step Up to 10,000 Steps” website at [www.hearthighway.org/stepitup](http://www.hearthighway.org/stepitup).

### For More Information:

If you have questions, please contact one of our Healthy Utah staff members:  
**Brett McIlff**, (801) 538-6004 or **Sarah Tronrud**, (801) 538-6863

### Program Goals:

Program goals are manageable and attainable, which makes “Step Up to 10,000 Steps” great for beginners. Experienced exercisers are encouraged to average more than the required steps. Healthy Utah will support your efforts with weekly email reminders and tips.

### Incentives:

Each month that you reach the goal you will be rewarded with **incentives**. The incentives are:

- waterbottle
- FM radio
- t-shirt
- walking belt

### Pedometers:

If you do not have a pedometer they are available for **\$10** each through **Healthy Utah**. Mail in your check (payable to **Healthy Utah**) to the following address:

**Healthy Utah**  
**Attention: Marianne Granda**  
**PO Box 142107**  
**Salt Lake City UT 84114-2107**



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